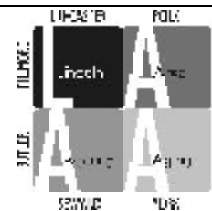


Center Hours:
9:00-1:00 pm Monday-Friday
Center Manager:
Pam Lander Ph: 441-7990


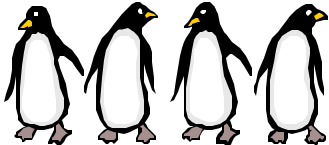
Belmont ActivAge Center

1234 Judson
LINCOLN, NE 68521

DECEMBER 2005



1005 O Street
Lincoln, NE 68508
Ph: 441-7158

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Season's Greetings & Happy Holidays</p>		<p><i>Fa la la la la!</i></p> <p>Annual Volunteer Holiday Party Monday, December 19, 2pm in Auld Recreation Center</p> 	<p>1</p> <p>10:00 Coffee, Cards & Skip Bo 11:30 Bingo - Please Bring a Prize 12:00 Lunch: Chili</p>	<p>2</p> <p>10:00 Coffee, Cards & Skip Bo 10:30 Holiday Movie (title to be announced) 12:15 Lunch: Chicken Cordon Bleu</p>
<p>5</p> <p>10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 12:00 Lunch: Salmon Filet</p>	<p>6</p> <p>10:00 Coffee, Cards & Skip Bo 11:15 Information on Preparation for Winter Driving, Highway Hypnosis 11:30 Lunch: Ham Slice 12:15 To Senior Health Clinic at Downtown ActivAge Center</p>	<p>7</p> <p>10:00 Coffee, Cards & Skip Bo 11:30 Chanukah Jumble 12:00 Lunch: Chicken Salad & Vegetable Soup</p>	<p>8</p> <p>10:00 Coffee, Cards & Skip Bo 11:45 Lunch: Lasagna 12:15 December Birthday Party</p>	<p>9</p> <p>10:00 Coffee, Cards & Skip Bo 11:30 Bingo - Please Bring a Prize 12:00 Lunch: Salisbury Steak</p>
<p>12</p> <p>10:00 Coffee, Cards & Skip Bo 11:30 Let's Get Moving! 12:00 Lunch: Beef Sausage Gravy</p>	<p>13</p> <p>10:00 Coffee, Cards & Skip Bo 11:45 Winter Holiday Dinner 12:30 Deck the Halls Holiday Trivia</p>	<p>14</p> <p>10:00 Coffee, Cards & Skip Bo 11:30 Person, Place or Thing? Strength Training 12:15 Lunch: Cube Steak</p>	<p>15</p> <p>10:00 Coffee, Cards & Skip Bo 11:30 Bingo - Please Bring a Prize 12:00 Lunch: Pork Tenderloin</p>	<p>16</p> <p>10:00 Coffee, Cards & Skip Bo 10:30 Holiday Movie (title to be announced) 12:15 Lunch: Baked Fish</p> <p>Happy Birthday Betsy Sifuentez!</p>

Belmont *ActivAge* Center

[illegible]

Weather Closing - The general rule regarding Center closings due to severe weather is: **If the Lincoln Public Schools close, the Center will close as well.** Participants are encouraged to use their own judgement regarding hazardous road conditions. In times of severe weather tune to KFOR, 1240 AM, for information on Center closings.